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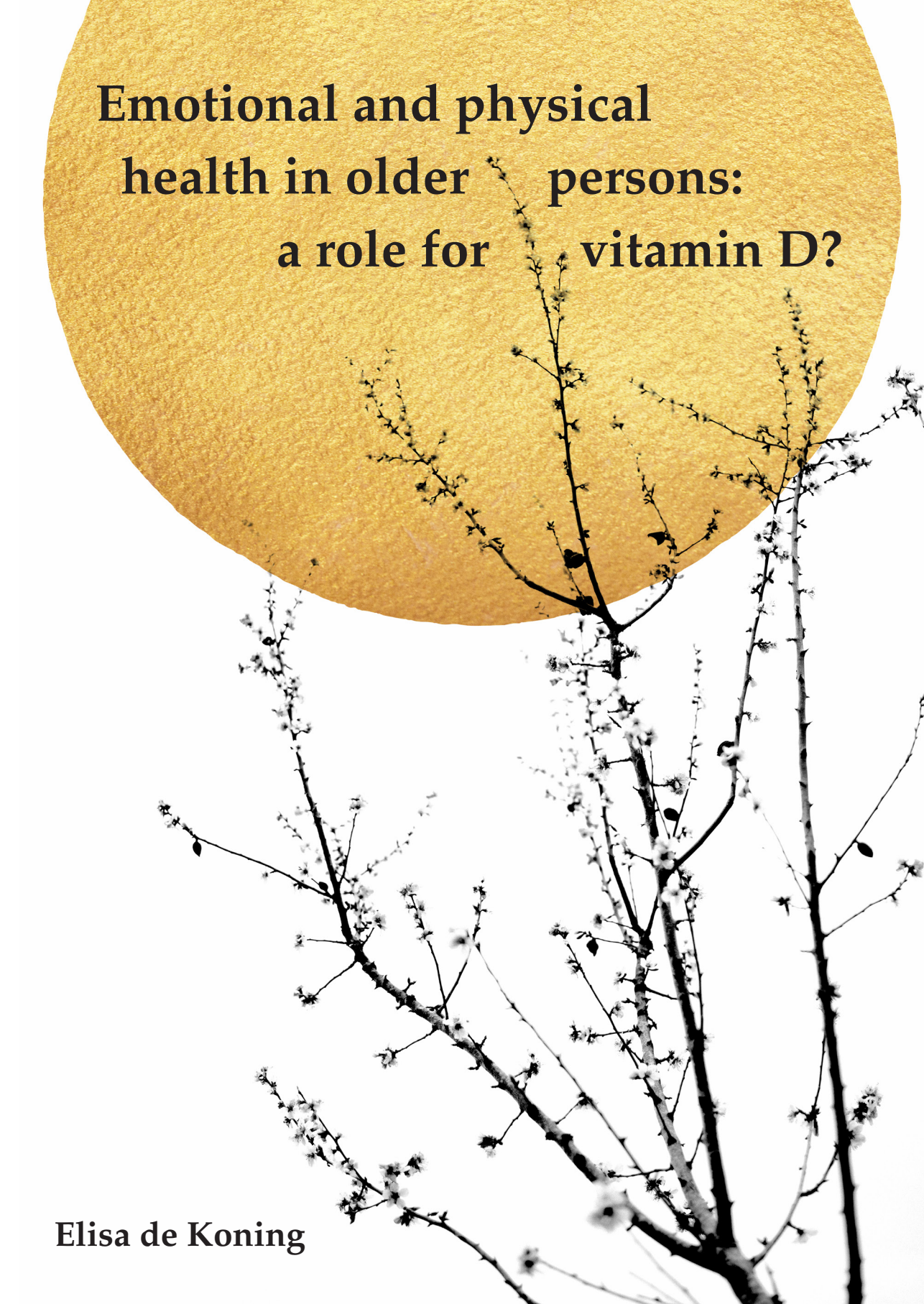
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Emotional and physical health in older persons: a role for vitamin D?

Elisa de Koning

Depressive symptoms are common in older adults and substantially decrease quality of life. Nevertheless, treatment of depressive symptoms in this age group is suboptimal. Furthermore, many older persons experience problems with physical functioning, which may reinforce symptoms of depression.

Vitamin D deficiency occurs in about 50% of older persons. The aim of this thesis was to elucidate the role of vitamin D in the emotional and physical health of older persons. Specifically, we studied the influence of vitamin D status on depressive symptoms, anxiety symptoms, mortality risk, functional limitations, and physical performance.

In addition to studies based on data from the *Longitudinal Aging Study Amsterdam* (LASA), this thesis describes the *D-Vitaal study*: a randomized placebo-controlled trial to examine whether vitamin D supplementation improves depressive symptoms and physical functioning in a high-risk sample of older adults.

This thesis concludes with a comprehensive integration of the findings with the current literature in the field and a discussion of the scientific and clinical implications.

